



Elevate Your Legacy Group

Are unresolved issues sabotaging your body image, behaviors, relationships, happiness, and career?

Are you grappling w/ perfectionism, codependency, setting boundaries, unworthiness, or people-pleasing?

Do you have complex dynamics with your parent(s) and/or siblings?

Do you want to improve inter-generational patterns?

Even the most “successful” people are plagued by “imperfect” childhoods. Free yourself from restraints and live a more fulfilling life.

Join us to embark on a journey of up-leveling your life and legacy.



Facilitated by:



Justena Kavanagh
LCSW-R



Blake Brinkman
MHC-I

- **Wednesdays at 5-6 PM**
- **Meets virtually**
- **No cost for first session**
- **\$75/session, discounts for prepayment**
- **Insurance options available**

To Register:
info@nyccounseling.com

To Book a Consult:
blake@nycccounseling.com

Call/Text
212-777-NYCC (6922)